



**This is an affordable support group to help you lose weight and get healthy.**

**It's held every Wednesday at noon in the conference center, conveniently located in the Central Office, Room C422.**

**Cost --- \$5.00 to join, \$1.00 a week to weigh in!!!**

**For more information, call Barbara Rucker at 564-4610.**

COMMONWEALTH  
COMMUNIQUE

Don't forget to take a peek at the latest issue of the Commonwealth Communiqué, available online at:  
<http://communiqué.ky.gov>



To all state employees:

*I want to take this opportunity to thank you for all you are doing to make state government operate better and more efficiently. Together, we are working to make a huge difference in the lives of people throughout this great Commonwealth. I appreciate your individual efforts.*

*One of the many benefits of being a state employee is being able to take advantage of our annual Commonwealth Connection program, offering you greatly reduced rates on lodge rooms and cottages at Kentucky state parks. Until February 28, 2005, we have lowered the price you pay to the following:*

- Lodge rooms: \$39/night*
- One-bedroom cottages: \$69/night*
- Two-bedroom cottages \$79/night*
- Three-bedroom cottages: \$89/night*

*You may now make reservations online using our new reservation system. Log onto [www.Kentuckytourism.com](http://www.Kentuckytourism.com), and click on the icon at the bottom of the page entitled "Park Lodge Reservations." Select the park you wish to visit. You will then be prompted to enter information as to your length of stay and number of guests. When you see a box on the right side of the screen entitled "Promo Code," type in "CC5" and you will have access to the lower rates. If you prefer to reserve by phone, call 1-800-255-PARK (7275) and select your resort park. Once you are connected to that park, you may request your special "Commonwealth Connection" rate. Rooms and cottages are subject to availability, and you may not use this offer in conjunction with any other offer.*

*This is a great opportunity to schedule some vacation or comp time and take advantage of Kentucky's beauty during the winter.*

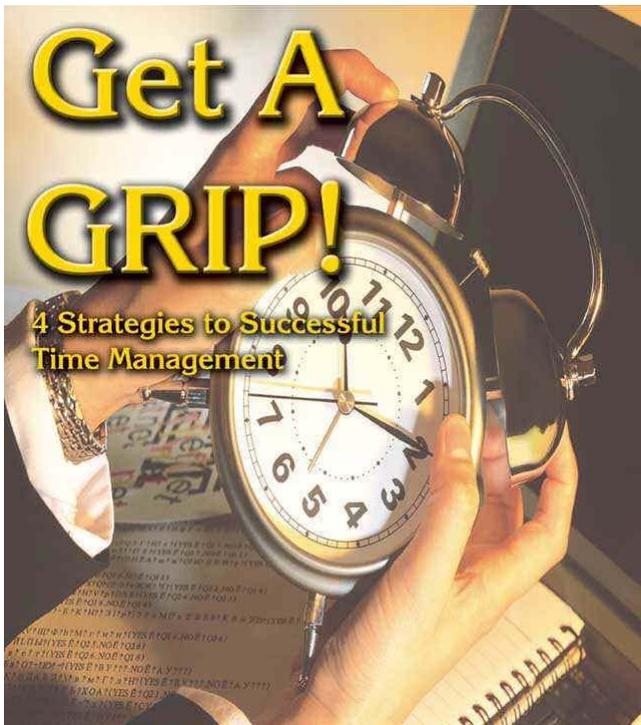
*Thank you again for your service to Kentucky. Glenna and I hope you are able to take advantage of our beautiful state park system.*

Sincerely,  
Ernie Fletcher



*Congratulations  
to Konnection Editor Selena Curry  
& her husband Jonathar  
on the birth of their daughter,  
Meadow, born January 19, 2005*

*"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein."  
-- H. Jackson Brown*



**FOR ADDITIONAL INFORMATION**

Contact James Smith by calling (502)564-2720  
or email JamesD.Smith@ky.gov

**Take Control Today**

**Get a Grip! 4 Strategies to Successful Time Management** is a new type of program from the Office of Personnel Management. In considering ways to best meet the needs of the employees of the Transportation Cabinet, we designed this program to be different by offering short, focused sessions. Our goal is to help people "take control" of their time and their lives.

**Who Should Attend?**

This program is not your typical training program. This program deals with real life, where the proverbial rubber meets the road. **Are you frustrated? Are you serious about changing your life? Are you too busy to come?**

***This program is for you if you want to grow and be more effective and more productive than you are now.***

**What People Are Saying...**

*"This class has been very eye opening and realistic which would and should enhance work environment and strengthen our attitudes toward our future."  
- Sarah Turner*

*"This class is a turning point in my life because it has led me to focus on my values, goals, time management and, in actuality, my life. It has already been beneficial to my work and my home life."  
- Debbie Ratliff*

*"This class works! I am finally getting a GRIP!"  
- Jeff Howerton*


  
**WINTER DRIVING SAFETY**
  


The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter months and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

### BEFORE YOU TRAVEL

- Pre-plan your trip with scheduled rest stops and overnight stops. If you are a member of an auto club, they will usually provide prepared road maps with marked places to stop.
- Winterize your car by having a mechanic check the following:
  - Battery
  - Antifreeze
  - Lights
  - Brakes
  - Exhaust system
  - Ignition system
  - Hazard lights
  - Thermostat
  - Heater
  - Defroster
  - Oil level
  - Wipers
  - Windshield washer fluid
  - Good winter tires
- Always maintain at least a half a tank of gas
- Keep a bag of sand or cat litter in your trunk. It will provide extra weight, helping to minimize sliding and also can be used to create traction on icy roads.
- Let someone know your travel plans and route. Periodically check in with that person.
- Pay attention to weather advisories
- **Never** use cruise control on wet or icy roads.
- Assemble a disaster supplies kit for your car which includes the following:
  - First-aid kit
  - Portable radio
  - Shovel and ice scraper
  - Flashlight and extra batteries
  - Blankets and warm clothing
  - Flares
  - Matches
  - Bottled water and non-perishable, high-energy food

### TRAVELING

- Always wear your seat belt.
- Maintain a safe driving distance between your vehicle and others.
- Before driving and while on the road, avoid eating heavy meals as this can lead to sleepiness.
- Get a good night's sleep before traveling. If you feel sleepy while driving, pull over and rest before driving more. Cold air, coffee, and music may help, but studies show that driving while sleepy is a danger that can only be cured by sleeping.

### IF YOU GET STUCK

- Stay with your car -- don't attempt to walk to safety.
- Tie a brightly colored cloth to the antenna for rescuers to see.
- Start the car and use the heater for 10 minutes each hour. Keep the exhaust pipe clear so fumes will not back up into the car.
- Keep one window slightly open to let in air.
- Leave the overhead light on when the engine is running so you can be seen.
- As you sit, keep moving your arms and legs to stay warm and keep blood circulating.
- Dress warmly. Wear layers of loose fitting, light weight clothing.
- If more than one person is in the car, take turns sleeping. Huddle together for warmth.
- Use newspapers, maps, and the removable car mats for insulation.



## Comic Corner

### A little humor about professions

A PRIEST, a DOCTOR, and an ENGINEER were waiting one morning at the third tee while a particularly slow group of golfers were flailing away ahead of them.

Engineer: "What's with these guys? We've been waiting for 15 minutes!"

Doctor: "I don't know, but I've never seen such ineptitude!"

Engineer: "Hey, here comes the greens keeper. Let's have a word with him."

Priest: "Hi George. Say, what's with that group ahead of us? They're rather slow, aren't they?"

George: "Oh yes, that's a group of blind fire fighters. They lost their sight while saving our clubhouse last year, so we let them play here anytime, free of charge!"

Doctor: "Wow! Thanks for the scoop George."

Priest: "That's so sad. I think I will say a special prayer for them tonight."

Doctor: "Good idea. And I'm going to contact my ophthalmologist buddy to see if there's anything he can do for them."

After a short pause...

Engineer: "Why can't these guys just play at night?"

*Sign in financial consultant's office:*

### QUESTIONS ANSWERED

Simple	\$0.50
Guesses	\$1.00
Intelligent	\$2.50
Honest	\$5.00
Dumb looks are free	

## THOUGHT FOR THE DAY

### *A New Year Thought*

Let us walk softly, friend;  
For strange paths lie before us, all untrod;  
The new year, spotless from the hand  
of God  
Is thine and mine, O friend.

Let us walk straightly, friend;  
Forget the crooked paths behind us now.  
Press on with steadier purpose on our brow  
To better deed, O friend!

Let us walk gladly, friend;  
Perchance some greater good than we  
have known

Is waiting for us, or some fair hope flown  
Shall yet return, O friend.

Let us walk kindly, friend;  
We cannot tell how long this life shall last,

How soon these precious years be  
over past;  
Let love walk with us, friend.

Let us walk quickly, friend;  
Work with our might while lasts our little  
stay,  
And help some halting comrade on the  
way;  
And may God guide us, friend!

—*Author Unknown*